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| **Unit Detail** | | | |
| **Term**: ***3 2015***  Year level:***3* / 4** Curriculum level: 3  Unit length :10 weeks :Rotation of Jump Jam/Skipping/Cross Country/ | | | |
| Curriculum learning area: PE  Strand: **Running (Cross Country) /Skipping (Jump Rope for Heart)/ Gymsport (moveMprove)/ Swimming (Year 4)**  Secondary Strand:  Jump Jam for when weather not suitable for outdoors. | How to introduce the unit and key competencies to the students (the hook):  Cross Country-Running  Jump Rope for Heart- Skipping  moveMprove- Gymnastics | | |
| **Achievement Objectives**  **Personal health and physical development – A**  *Students will:*  A1 Personal growth and development  Describe their stages of growth and their development needs and demonstrate increasing responsibility for self-care.  A2 Regular physical activity  Experience creative, regular, and enjoyable physical activities and describe the benefits to well-being.  A3 Safety management  Identify risk and use safe practices in a range of contexts.  A4 Personal identity  Identify personal qualities that contribute to a sense of self-worth.  **Movement concepts and motor skills – B**  *Students will*:  B1 Movement skills  Practise movement skills and demonstrate the ability to link them in order to perform movement sequences.  B2 Positive attitudes  Participate in and create a variety of games and activities and discuss the enjoyment that these activities can bring to them and others.  B3 Science and technology  Use modified equipment in a range of contexts and identify how this enhances movement experiences.  B4 Challenges and social and cultural factors  Develop and apply rules and practices in games and activities to promote fair, safe, and culturally appropriate participation for all.  **Relationships with other people – C**  *Students will:*  C1 Relationships  Identify and demonstrate ways of maintaining and enhancing relationships between individuals and within groups.  C2 Identity, sensitivity, and respect  Describe how individuals and groups share characteristics and are also unique.  C3 Interpersonal skills  Express their ideas, needs, wants, and feelings appropriately and listen sensitively to other people and affirm them.  **Healthy communities and environments – D**  *Students will:*  D1 Societal attitudes and values  Explore how people’s attitudes, values, and actions contribute to healthy physical and social environments.  D2 Community resources  Identify and use local community resources and explain how these contribute to a healthy community.  D3 Rights, responsibilities, and laws; D4 People and the environment  Contribute to and use simple guidelines and practices that promote physically and socially healthy classrooms, schools, and local environments. | | | |
| Organisation / Resources | | Abilities / Needs / ESOL / Group Lists | Grouping (highlight or circle): | |
| Syndicate sport – rotation Wednesday afternoons 2.00 pm  Fitness - Tuesday and Thursday at 10:15  Developing skills to prepare students for   * Running / Cross Country * Skipping “Jump Rope for Heart” ref Heart Foundation note * Gymnastics | | Students supported as required.  Take in to account those with health needs and can not participate physically- include in support roles -timing, directing, result collecting.  ESOL students watch other students for modeling as needed.  Students work to better their own records / achievements. | Mixed ability groups based on houses for Jump Rope for Heart  Age/ gender groups for Cross Country | |
| Key Competency focus: Thinking  Managing Self  Relating to Others Participating and Contributing  Using Language, Symbols and Text  **Learning Outcomes**  **Cross Country**   1. Develop endurance and stamina in running over a longer distance. 2. Develop self discipline through training and setting goals. 3. Demonstrate responsible and safe behaviour to ensure their own well being by warming up and being prepared with the right clothing 4. To participate in a school wide event   **Swimming**   1. Demonstrate responsible and safe behaviour to ensure their own and others well being. 2. Demonstrate the ability to link together movement skills. 3. To improve the control and coordination of their bodies in water.   **Kiwi Sport- movemprove -Gymnastic** skills   1. Demonstrate proficiency in landing safely. 2. Perform a balance within the context of a routine (with a spotter if needed) 3. Perform each rotational skill to a desired level of proficiency 4. Display creativity in linking together movement skills 5. Demonstrate responsible and safe behaviour to ensure their own and others well being.   **Jump Rope For Heart**   1. Develop a variety of individual, pair and long rope skipping skills. 2. Develop confidence in performing skipping skills and sequences. 3. Demonstrate responsible and safe behaviour to ensure their own and others well being. 4. Display creativity in linking together movement skills. 5. Work cooperatively to follow a circuit using a variety of skipping skills   **Method**  # Syndicate Sports will take place on a Wednesday afternoon, 2.00 – 2.45 p.m. each week  # The Students in the Year 3 & 4 Syndicate will meet on the courts.  #Students will be encouraged to have a change of clothing.  **Cross Country**  Each session will begin with a warm up, followed by practice to build stamina and end with a cool down. The training course will depend on the weather and condition of the Cross Country course. Course 1 will be based around the senior and junior courts. Course 2 will be around the field and follow the School Cross Country course. Students will be encouraged to keep track of their progress made by graphing or keeping a tally of the circuits they complete.  Possible organization for School Cross Country- Students to sit in houses, wear house colours and house points for peer support and encouragement.  **Swimming**  Students will be grouped according to their previous years swimming groups- Sharks, Hammerheads and Stingrays. Each group will have a half hour session each day for 8 sessions- 1:30, 2:00 and 2:30. Students will get changed in the changing rooms at the pool.  **Movemprove- Gymnastics**  Kiwi Sport provide an instructor. Each class will have 4 half hour sessions over 4 weeks. Covers 7 fundamental movement patterns in programme. – springing (mini tramps, jumping hopping develop core), landing (motorbikes, heads turned, fingers facing forward), rotation (wedge – forwards roll - heads tucked under, hands close to feet, hips high, backwards roll – lean forward, legs tucked up), statics (balance static, support static, hang static – develop core mucles), swing (landing – always let go on back swing) manipulative skills (hoops, balls, beanbags etc), and locomotions.  <http://www.gymsportsnz.com/files/mMp_EducatorsA5_v9_HR.pdf>  4 parts to each lesson – Activate – Warm up, Explore, Circuits (covers 7 fundamental movement skills), Cool Down    **Jump Rope for Heart**  Students will be grouped into the 4 house groups, each house group will be divided into 2, making 8 groups.  Each group will rotate around a circuit. 8 stations will cover Individual skills, Pair skills, Long rope skills and Skill sequences. There will be 2 stations for each skill area.   |  |  |  |  | | --- | --- | --- | --- | | **Jump Rope for Heart Circuit** | | | | | **Station 1 -Individual skills**  Basic Jump  Bell Jump  Skier Jump  Running Step | **Station 2 -Pair Skills**  Round Your Partner  Side By Side Variations | **Station 3- Long Rope Skills**  Basic Jump  Wiggly Snakes  Rope Running  Basic Run Through | **Station 4- Sequence Skills**  Teacher directed sequences based on cards  e.g. 8 basic jumps, 8 rock jumps, 8 basic jumps, 8 rock jumps | | **Station 5- Individual Skills**  Side Swing and Jump  Side Straddle  Forward Straddle  The Rock | **Station 6- Individual skills**  Face to Face  Inside / Outside | **Station 7- Long Rope Skills**  Rope Turning  Long Ropes with Chants | **Station 8- Sequence Skills**  Students create own sequences based on jumps they know |   Term 3   |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | Weeks | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |  | | Fitness | Running  Cross  Country | Running  Cross  Country | Running  Cross  Country | Running  Cross  Country | Running  Cross  Country | Skipping | Skipping | Skipping | Skipping | Skipping |  | | Sports | Cross  Country | Kiwi Sports  moveMprove  Gymnastics  Cross  Country  Swimming Year 4  Room 6 | Kiwi Sport  moveMprove  Gymnastics  Cross  Country  Swimming Year 4  Room 6/5 | Kiwi Sports  moveMprove  Gymnastics  Cross  Country  Swimming Year 4  Room 5 | Cross  Country  Swimming Year 4  Room 4 | Kiwi Sports  moveMprove  Gymnastics  Skipping  Swimming Year 4  Room 4 | Skipping | Skipping | Skipping | Skipping |  | | Event |  |  |  |  | SPS Cross Country  Tues- Aug18  Wed– Aug19  (savaday) |  | InterSchool Cross Country  Tues Sept 1 | Skipathon  SPS  Fri Sept4 |  |  |  | | | | | |